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UNIVERSAL MODEL FOR THRIVING (UMT)

BOOKLET v1.0

Written Edition + Low-Literacy Symbol-Flow Edition

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NOTE TO READER:

This booklet contains TWO versions of the UMT.

1. The full written edition (Modules 0–10)

2. The low-literacy Symbol-Flow Edition (begins later in the booklet)

If you prefer the visual, symbol-based version, scroll down to:

>>> SYMBOL-FLOW EDITION BEGINS HERE <<<

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SECTION 1 — WRITTEN EDITION

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MODULE 0 — ORIENTATION

The UMT begins with a simple truth: humans operate from two primary states.

- Love (expansion, connection, openness)
- Fear (contraction, protection, narrowing)

Every action, belief, and system emerges from one of these states.

The UMT teaches how to recognize the state, shift it, and build systems that support thriving.

Key Points:

- Love expands; fear contracts.
- Connection is the natural expression of love.
- Contraction is the natural expression of fear.
- Awareness creates choice.

MODULE 1 — INVARIANT CORE

The Invariant Core is the set of truths that do not change across cultures, languages, or eras.

Core Laws:

- Fear → contraction
- Love → expansion

False Equivalencies:

- Wealth ≠ worth
- Power ≠ morality
- Strength ≠ goodness
- Suffering ≠ virtue

The human core:

- Heart (compassion)
- Shield (protection)
- Radiance (expression)

These cannot be replaced, reinterpreted, or captured.

MODULE 2 — INTERNAL SAFETY

Internal safety is the ability to regulate your inner state.

Core Flow:

Pause → Breathe → Name → Shift

Fear Loop:

Fear → Tighten → Narrow → Pause → Reopen

Shame Loop:

Shame → Downward Spiral → Small Action → Reopen

Ego Swing:

Inflation or collapse → Ground → Balance

MODULE 3 — EXTERNAL SAFETY

External safety is the ability to recognize when fear is being used to control or distort.

Fear-Based Control Flow:

Fear Message → Enemy Frame → Obedience Demand → STOP

Purity Drift:

Purity Claim → Exclusion → Harm → STOP

Leader Capture:

Leader Worship → Obedience → Drift → STOP

Return to:

Check: Who benefits?

Then: Heart → Connection

MODULE 4 — HISTORICAL DRIFT

All systems drift over time.

Drift Patterns:

- Fear increases → rules tighten → compassion decreases
- Power increases → questioning decreases → drift increases
- Purity increases → division increases → harm increases

Correction Flow:

Drift → Compare to Core → Remove Additions → Restore Compassion

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MODULE 5 — CULTURAL TRANSLATION

Every culture expresses the same human truths differently.

Healthy Translation:

Local Symbol → Love

Local Story → Connection

Local Rule → Check for Fear or Purity

Healthy Path:

Compassion → Service → Unity

Distorted Path:

Fear → Purity → Control

MODULE 6 — LANGUAGE TRANSLATION

Concept → Core Symbol → Local Words

Rules:

- No fear-based framing
- No purity framing
- No obedience framing

Flow:

Core → Local → Drift Check → Approve

MODULE 7 — ERROR CORRECTION

Errors come in three forms:

- Omission (something missing)
- Addition (something added)
- Distortion (something twisted)

Correction:

Omission → Add Back

Addition → Remove

Distortion → Compare to Core

Capture → Return to Conscience

Checksum:

Love • Fear • Conscience • Connection • Non-Harm • Correction

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MODULE 8 — DEPLOYMENT

Individual:

Fear → Pause → Love → Action

Relationship:

Fear → Slow → Listen → Repair

Community:

Conflict → Remove Fear → Build Bridge → Restore Trust

Leadership:

Transparency → Conscience → Shared Power

MODULE 9 — GLOBAL UPLIFT

Global uplift is the scaling of coherence.

Flow:

Reduce Fear → Increase Connection → Build Coherence → Empower Conscience → Spread Compassion

Uplift Loop:

Individual → Community → Culture → Global → Repeat

MODULE 10 — APPENDICES

Core Symbols:

Love

Fear

Conscience

Connection

Non-Harm

Correction

Reconstruction Flow:

Symbols → Diagrams → Core → Safety Layers → Translation → Deployment

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SECTION 2 — SYMBOL-FLOW EDITION

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>>> SYMBOL-FLOW EDITION BEGINS HERE <<<

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MASTER FLOW MAP (TEXT-ONLY)

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❤️ → ↑ → 🌱

⚠️ → ↓ → 🔒

🤝 ↔ 🤝

🔄 cycle

Checksum: ❤️ • ⚠️ • 🧠 • 🤝 • ✋ • 🔄

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MODULE 0 — SYMBOL FLOW

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🧍 → ❤️

🧍 → ⚠️

❤️ → 🤝

⚠️ → 🔒

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MODULE 1 — SYMBOL FLOW

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⚠️ → ↓ → 🔒

❤️ → ↑ → 🌱

💰 ≠ ❤️

🏛️ ≠ 🧠

💪 ≠ ❤️

💥 ≠ 🌱

❤️ → 🛡️ → 🌟

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MODULE 2 — SYMBOL FLOW

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⏸ → 😮💨 → 🧠 → ❤️

⚠️ → 🔒 → ⏸ → 🌱

😞 → ⬇️ → ✨ → ❤️

⬆️⬇️ → 🧍 → ⚖️

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MODULE 3 — SYMBOL FLOW

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⚠️ → 🧱 → obey → 🛑

🔍 → ❤️

🧼 → 🧱 → 💥 → 🛑

👑 → obey → ⚡ → 🛑

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MODULE 4 — SYMBOL FLOW

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⚠️↑ → 📏↑ → ❤️↓

🧼↑ → 🧱↑ → 💥↑

⚡ → 🔍 → ➖ → ❤️

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MODULE 5 — SYMBOL FLOW

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Local → ❤️

Story → 🤝

Rule → 🔍

❤️ → 🤝 → 🌍

⚠️ → 🧠 → obey

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MODULE 6 — SYMBOL FLOW

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Concept → core → words

🔍 no ⚠️ / no 🧠 / no obey

core → local → 🔍 → ✅

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MODULE 7 — SYMBOL FLOW

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❌ → ➕

➕ → ➖

⚡ → 🔍

👑 → 🧠

Checksum: ❤️ • ⚠️ • 🧠 • 🤝 • ✋ • 🔄

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MODULE 8 — SYMBOL FLOW

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⚠️ → ⏸️ → ❤️ → act

⚠️ → slow → 🤝 → ❤️

💥 → remove ⚠️ → 🧱 → 🤝

🗣️ → 🧠 → shared power

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MODULE 9 — SYMBOL FLOW

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⚠️↓ → 🤝↑ → 🔄 → 🧠 → ❤️↑

🧍 → 👥 → 🌍 → 🔄

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MODULE 10 — SYMBOL FLOW

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❤️ = love

⚠️ = fear

🧠 = conscience

🤝 = connection

✋ = non-harm

🔄 = correction

symbols → flows → core → safety → translation → deployment

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CHECKSUM STRIP

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❤️ · ⚠️ · 🧠 · 🤝 · ✋ · 🔄

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END OF UMT BOOKLET v1.0

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